



Flan--Caramel Custard



Flan--Caramel Custard

Flan– Caramel Custard

Made with sugar, water, milk, egg yolks, eggs, and vanilla extract

Nutrition Facts/Datos de Nutrición		
Serv. Size/Tamaño por Ración 1 slice (168 g) Servings/Raciones por Envase		
Amount Per Serving/Cantidad por Ración		
Calories/Calorías 262.4 Fat cal./Calorías de Grasa 67		
% Daily Value*/% Valor Diario*		
Total Fat/Grasa Total	7.5 g	11%
Saturated Fat/Grasa Saturada	3.4g	17%
Trans Fat/Grasa Trans	0 g	
Polyunsat. Fat/ Grasa Poliinsat.	1 g	
Monounsat. Fat/Grasa Monoinsat.	3 g	
Cholesterol/Colesterol	197.2 mg	65%
Sodium/Sodio	83 mg	3%
Potassium/Potasio	181 mg	
Total Carb./Carbohidrato Total	42.2g	14%
Fiber/Fibra	0 g	0%
Sugars/Azúcares	37.7 g	
Protein/Proteínas	7.1 g	

Foods can be prepared in different ways.

We can not guarantee complete accuracy of label /ingredients listed.

Nutrient Facts: <http://www.food.com/recipe/flan-81465>

Photo: <http://upload.wikimedia.org/wikipedia/commons/3/32/Homemadeflan.jpg>

Flan– Caramel Custard

Made with sugar, water, milk, egg yolks, eggs, and vanilla extract

Nutrition Facts/Datos de Nutrición		
Serv. Size/Tamaño por Ración 1 slice (168 g) Servings/Raciones por Envase		
Amount Per Serving/Cantidad por Ración		
Calories/Calorías 262.4 Fat cal./Calorías de Grasa 67		
% Daily Value*/% Valor Diario*		
Total Fat/Grasa Total	7.5 g	11%
Saturated Fat/Grasa Saturada	3.4g	17%
Trans Fat/Grasa Trans	0 g	
Polyunsat. Fat/ Grasa Poliinsat.	1 g	
Monounsat. Fat/Grasa Monoinsat.	3 g	
Cholesterol/Colesterol	197.2 mg	65%
Sodium/Sodio	83 mg	3%
Potassium/Potasio	181 mg	
Total Carb./Carbohidrato Total	42.2g	14%
Fiber/Fibra	0 g	0%
Sugars/Azúcares	37.7 g	
Protein/Proteínas	7.1 g	

Foods can be prepared in different ways.

We can not guarantee complete accuracy of label /ingredients listed.

Nutrient Facts: <http://www.food.com/recipe/flan-81465>

Photo: <http://upload.wikimedia.org/wikipedia/commons/3/32/Homemadeflan.jpg>